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**US Army Corps
of Engineers
New England District**

Yankee Engineer

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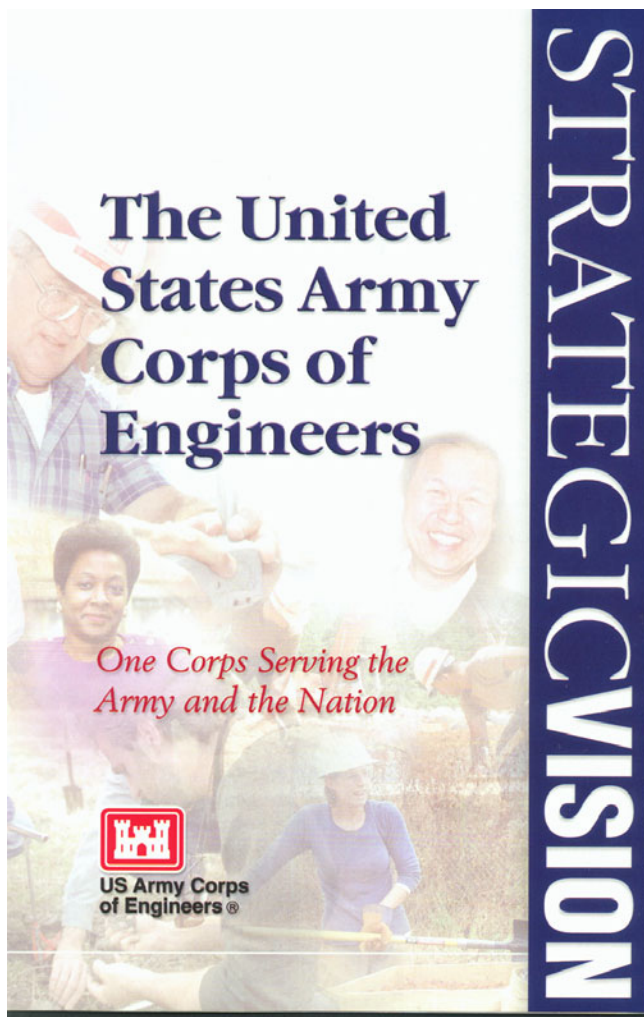
Chief of Engineers releases refreshed Vision Strategic Goals: People, Process, Communications

In keeping with ever changing workloads, missions, and work environments, the Chief of Engineers, Lt. Gen. Robert B. Flowers, released the refreshed Strategic Vision for the U.S. Army Corps of Engineers.

The refreshed Vision, according to Lt. Gen. Flowers, is short, to the point, and focuses on three critical areas: People, Process and Communication. In conjunction with the release of the refreshed Strategic Vision, the Chief of Engineers has also released a campaign plan to execute it.

"My intent is to have a world-class workforce that is prepared to meet our future challenges," said Lt. Gen. Flowers. "I want us to provide the best service possible, and in so doing demonstrate that the United States Army Corps of Engineers is indispensable to the welfare of the Army and the nation."

Each critical area has several objectives, and strategies for implementation. The first



area of the refreshed Vision is People. "People are the foundation of the Corps: our effectiveness, our value, our reputation," said Lt. Gen. Flowers. "We inspire the public's trust through our technical and professional excellence and our stewardship of the nation's resources."

The Chief has three strategic objectives for his People area of the Vision. The first is to attract and retain a world-class workforce. According to the Plan, the way to achieve this will be to value and enhance diversity; sustain technical, management and leadership excellence; attract and hire the best people; and revitalize entry level and mid-level recruitment.

Creating a culture of learning and empowerment is the second objective. The strategy to bring this objective to fruition would be to share lessons learned and to practice career-long learning.

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Yankee Voices

Karen Schofield
Engineering/Planning



Welcome

James Barr, Con/Ops (summer)
Sheila Bergeron, PPMD
James K. Burke, Con/Ops (summer)
Robert Blackwell, Con/Ops
Aaron Connor, Con/Ops (summer)
Edward Frazetta, Con/Ops
Nancy Kelly, Eng/Planning
James Leary, Real Estate
Kathleen Pendergast, Counsel
David Platt, Con/Ops, (summer)
Gary Quenneville, Con/Ops (summer)
Francis St. Denis, Con/Ops (summer)
Michael Vissichelli, Regulatory
Edwin Wise, PPMD
(List courtesy of HRO)

Words worth repeating

**"Take away my people but
leave my factory, and soon
grass will grow on the factory
floors. Take away my factories
but leave my people, and soon
we will have a new and better
factory."**

- Andrew Carnegie

**"I don't care what you do for
a living. If you love it, you
are a success."**

- George Burns

NBC says thank you to District

Editor's Note: It is unusual to hear from a major television news organization after a feature story begins production. So when Larry Rosenberg, Chief, Public Affairs reviewed this e-mail from the segment's producer, it was felt it should be shared with the entire District team.

Today (Monday - Apr. 9, 2001), we traveled up to Thompson to visit the Dam. First Selectman, Brian Lynch helped us out with some folks that used to live in the flood plain, and also talked with Kate (Higgins) at the Dam. Unfortunately, Kate was unavailable, but we took the trip and were able to do a great story on the village that once was.

Your Park Ranger, Tim Russel, was a great help to us. He pointed out key places in the area, showed us pictures and was extremely helpful. He especially pointed out how much the dam has protected northeastern Connecticut, despite the loss of a neighborhood farming community.

Everything went great, and we were very appreciative of Tim's knowledge and help.

Sincerely,

Dave Ward

Assignment Editor, NBC 30

Sympathy

...to the family of Engineering retiree, **Joseph Shaughnessy**, who passed away April 5. Mr. Shaughnessy retired as Chief of the Mechanical/Election Section in the 1970's.

...to **Victor J. Ranfos, Jr.**, Franklin Falls Dam, on the passing of his father, April 6.

... to **Viola Bramel**, Park Ranger, West Hill Dam, on the passing of her mother, Apr. 8.

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District EngineerCol. Brian E. Osterndorf
Chief, Public AffairsLarry Rosenberg



EditorAnn Marie R. Harvie
Public Affairs Specialist.....Sally M. Rigione

Commander's Corner: A Healthy Dose Of Good Advice

by Col. Brian E. Osterndorf
District Engineer



OK everybody, pull out your Just Do It! card and turn it over to view the Chief's Philosophy. Look at the four individual responsibilities – focus on the shortest one. BE HEALTHY, with a big check mark right next to it. Now, conduct a self-evaluation, and all of you missing the mark by just a bit, raise your hands. On second thought, let's make it easier to count, and all that are as healthy as they want to be, raise your hands. Just as I thought, quite a few of us need just a little help. You can put your hands down now.

There are both physical, mental and spiritual components to being healthy, and the total wellness concept recognizes that good balance between all aspects of our lives is the best way to stay healthy.

One of the unique benefits we are able to enjoy is our fitness center, complete with locker rooms. There isn't a lot of equipment, but then again, the room isn't usually too crowded. Of course, the proximity of the Battle Trail National Park offers opportunity for a casual constitutional or a good 5-mile run.

Our agreement with Hanscom Air Force Base provides for our access to the base physical fitness center and the pool, both of which are outstanding facilities and very convenient. One note of caution: Our long winter of enforced inactivity made it hard to keep up a good physical routine, and before anyone jumps back into the fray too vigorously, they ought to check with a doctor or at least work their way back in measured doses. Another base service is less well known, but can provide excellent health benefits through a series of classes and programs. The base Health and Wellness Center (HAWC) is located next to the base theater in Building 1540. The HAWC offers classes and support group activities on such healthy topics as smoking cessation, healthy diets, and weight loss. These programs are very similar to nationally recognized programs that you would enroll in and pay lots of money for, but are absolutely free at the HAWC.

Additionally, the HAWC physical specialists can design a physical training or workout program for you, integrated with a healthy diet plan. There are several treadmills and

exercise machines available (no waiting) as well, and locker rooms and towels are available. Did I mention that all of this is absolutely free? Our Weekly Bulletin will have all of the class schedules as well as a telephone number (781-377-2513) for Tech. Sergeant Brenda Fernandes, who runs the HAWC. Tech. Sgt. Fernandes has also volunteered to write a monthly health and wellness column for the Yankee Engineer. She and her staff are very helpful and can get you into healthy programs tailored for you. One last incentive: there is a "meditation" room in the HAWC that features a massage chair, aroma therapy and soothing mood sounds, available during the hours the HAWC is open, 7:30 a.m. to 4:30 p.m. And yes, it too is free, and you might see me there quite a bit.

The other aspect of good health that I encourage is participation in community activities and volunteerism. One of the features of New England life that has very much

The HAWC offers classes and support group activities on such healthy topics as smoking cessation, healthy diets, and weight loss. These programs are very similar to nationally recognized programs that you would enroll in and pay lots of money for, but are absolutely free at the HAWC.

- Col. Brian E. Osterndorf, District Engineer

impressed me is the sense of community and the level of involvement citizens have in community activities. I am not a psychologist and I don't play one on TV, but I can make a convincing case for better spiritual and mental health from a good healthy dose of being part of an extra-curricular activity or two. If you were to get involved, I suspect that you would find a good many of your district colleagues already participating, in activities as varied as youth sports, church groups and civic government.

Have a healthy outlook as well. This district provides extremely important service to our nation, and your role is vital. Feel good about what you do as part of a highly competent, dedicated team. Have a sense of well-being that the people of this district can do a job no one else can do, and at the end of each day you should be both satisfied and proud of having accomplished something valuable. That feeling, along with a few push-ups and a brisk trot, and an occasional pass on seconds, will earn you passing marks in meeting your BE HEALTHY individual responsibility.

Commander, Color Guard march in Patriot's Day parade

In an effort to pay homage to those who first fought to keep our country free, Col. Brian E. Osterndorf, District Engineer, and the Ranger Color Guard marched in the town of Concord's Patriot's Day parade, April 16.

This is the District's third time participating. Patriot's Day commemorates the events of April 19 in Lexington and Concord, that began the Revolutionary War.

Concord's historic parade route began on Old Bedford Road and ended at Meriam Road in Concord. Marching with Col. Osterndorf and the Color Guard were a mix of Patriots and British, all dressed in period uniforms. Tim Hays, the District's Librarian, donned his Lincoln Minuteman garb and joined his unit.

The Park Rangers who comprised the District Color Guard for the event were Joe Faloretti, Mike Curran, Jamie Kordack, and Merlon Bassett.



The 1st Michigan Colonial Fife and Drum Corps from Sterling Heights perform during the Patriot's Day parade.



The 4-H Fife and Drum Corps played traditional songs for the audience.



A soldier from the past shows Col. Osterndorf and other military officials how to load a musket.



The District Ranger Color Guard march through historic Concord.



Librarian turned "1776 Patriot" Tim Hays (first on the right) marches with the Lincoln Minuteman.

Photos by C.J. Allen

District hosts small business conference at Hanscom

The New England District invited women-owned, small, and disadvantaged businesses to the Hanscom Air Force Base Officer's Club to learn about Corps programs, needs and opportunities during its Small Business Conference. About 15 firms attended the conference that was held on Apr. 20.

Col. Brian E. Osterndorf, District Engineer, began the day with an abbreviated version of the Command Briefing.

"We are committed to providing opportunities for smaller and disadvantaged businesses to participate with us," said Col. Osterndorf. "To that end, the Corps has conducted seminars and conferences to stimulate the exchange of good ideas and approaches."

Key personnel from the District presented briefings to the representatives:

John Kennelly - Planning: Skills and Services needed

Tony Mackos - Engineering & Design Support

Dave Pezza - HTRW/ Geoenvironmental Program

Bill Hubbard - Environmental Sciences

Bill Scully - Project Management Business Process



Col. Osterndorf (assisted by his daughter, Lydia) opens the conference with the command briefing.

Michelle Kewer - Contracting Presentation

"The conference provides a forum for direct exchange of information and ideas between Corps of Engineers staff members and small businesses," said Eva Marie D'Antuono, Small Business Advisor for the New England District. "We believe that this opportunity to have a direct exchange of information will move us all forward to a better understanding of how to work together for greater small business involvement

while continuing our commitment to our customer."

The attendees also participated in an informal working lunch with District employees. At the end of the conference, Bill Hubbard held an open discussion, "How to work together for greater small business involvement."

Comments that Eva received from the participants during the conference were positive. "They thought it was enjoyable because it was small," she said. "Some representatives said they would like to attend more small conferences. They found it very informative and gave them information they would need to compete for projects with the District."

According to Eva, the representatives had many compliments for the computer CD because they could sit and take in what was being said instead of worrying about taking notes.

In celebration of "Take Your Daughters/Sons to Work Day," Col. Osterndorf brought his daughter, Lydia, to the conference to assist Mark McNerney with the visual information portion of the Colonel's briefing.

More Small Business Conferences are expected to be held twice a year.



Representatives talk one-on-one with District staff during the working lunch.

Photos by Mark McNerney

Chief of Engineers releases refreshed Vision

Continued from page 1

The final People objective is to develop leaders at all levels. The Chief believes that in order to accomplish this, employees need to be trained to mission needs, encourage developing leadership characteristics and skills by all team members, and to establish mentoring and coaching programs.

Lt. Gen. Flowers recently passed out his permission slip to all Corps of Engineers employees. Before acting, the Chief wants employees to ask themselves the following questions: 1. Is it good for my customer? 2. Is it legal and ethical? 3. Is it something I am willing to be accountable for? If the employee answers yes to all of these questions, then according to Lt. Gen. Flowers, "don't ask permission, you already have it. Do It!"

The second area in the refreshed Vision is Process. "Process enables our effectiveness," said Lt. Gen. Flowers. "We will institute a more unified approach to our operating processes and organize ourselves accordingly."

The first objective is to practice Project Management across all levels. To accomplish this, the Chief wants to streamline the acquisition process and establish and implement a corporate quality management program.

The next process objective is to have 'One Corps,' operating regionally and globally. To accomplish this, Lt. Gen. Flowers wants the Corps to adopt the best business practices, to leverage technologies and to leverage regional and corporate resources. The final process objective is to enhance capabilities to create synergy between economic objectives and environmental values. To do this, according to the Campaign Plan, the Corps will embrace a broad, comprehensive, systems approach to water resource issues; make the Regulatory process simpler, transparent, and consistent; and proactively support military instal-

lations on environmental issues.

The final part of the Vision is Communication. "Communication is fundamental in our role as public servants," said Lt. Gen. Flowers. "It is through strategic communication that we interact internally as a team, externally with our partners, stakeholders, and cus-

'Ask yourself:

1. Is it good for my customer?
2. It is legal and ethical?
3. Is it something I am willing to be accountable for?

**If so, don't ask permission. You already have it.
Just do it!**

**Lt. Gen. Robert Flowers,
Chief of Engineers**

tomers, and provide quality services and products to meet the nation's needs."

Lt. Gen. Flower's first objective for Communication is to develop key strategic messages that foster understanding of service to the nation. To do that, according to the Campaign Plan, the Corps will develop and distribute consistent Corps-wide messages.

The Chief of Engineers has asked every Corps employee to develop 30 seconds worth of information that describes his or her role in the Corps of Engineers and how they provide quality service to the nation.

The second Communications objective is to develop a work climate that is open, informed, and actively engaged in listening and being responsive. The strategies to achieving the objective, according to the Campaign Plan, is increase timely and accurate dissemination of information within USACE on activities and issues; assess, develop and emphasize excellent com-

munications skills among leadership and the workforce, promoting healthy work relationships throughout USACE; and develop and enhance the capability of our professional communication staff.

Building effective relationships with external partners, stakeholders, and customers is the third Communications objective. The Campaign plan suggests the following strategies to meet this objective: interact with partners, stakeholders and interest groups to learn and understand their perspectives and needs; and listen strategically and communicate messages through multiple forums, seeking to further identify and embrace opportunities for two-way communications.

The final Communication object is to integrate strategic communications to all business processes. The strategies are to build strategic communication into our project management business process and to create and implement a corporate issues management process.

Three New England District employees appear on the refreshed Vision brochure. A contest was held for employees to find their co-workers on the brochure for a prize. District employees to correctly identify them received baseball caps. The three employees who grace the Vision brochure are Chiway Hsiung, William "Bud" Taylor, and Christine Johnson-Battista.

The contest winners were: Michelle Brock, Choudary Choday, Phil Durgin, Jennifer Flanagan, Tim Hays, Bill Herland, Chiway Hsiung, Barbara Ingersoll, Christine Johnson-Battista, John Kennelly, Jane Kotelly, Joe Lampara, Bob MacDonald, Julie Mackley, Tony Mackos, Farrell McMillan, Ella Minincleri, Duban Montoya, Jim Morocco, Kristine Penezic, Jack Perry, Patty Price, Rachael Raposa, Bud Taylor, Dot Tinkham, Angie Vanaria, Rich Vigeant, and Paul Young.

Joint agency press conference held for Ten Mile River study

Representatives from the New England District and local officials gathered at Hunts Mill in East Providence for a press conference to announce the beginning of the Ten Mile River fisheries restoration project feasibility study. The New England District is partnering with the Rhode Island Department of Environmental Management (RI DEM), Save the Bay, and the city of East Providence on the project.

"The investigation of environmental restoration opportunities in Rhode Island was initiated in response to guidance contained in the fiscal year 1999 Energy and Water Development Appropriations Act," said Richard Heidebrecht, Study Manager. "The act provided funds for the Corps to conduct reconnaissance level studies of the opportunities to restore degraded saltmarshes, restore anadromous fisheries, restore degraded freshwater wetland, and improve overall fish and wildlife habitats."

The Corps completed a reconnaissance report in July 1999 and recommended further studies to restore degraded environments at numerous locations throughout Rhode Island. Of the sites identified in this report, RIDEM selected restoring anadromous fish passage at the three dams along the lower Ten Mile River as their highest priority.

"The fish species targeted for restoration include American shad and two species of river herring," said Dick. The Ten Mile River watershed has a total drainage area of approximately 50 square miles and is located along the



Photos by Dick Heidebrecht

Local fishermen are releasing fish into Omega Pond, which is above the first dam on the Ten Mile River. Each year, migrating herring are caught below Omega Pond Dam and released above the dam to spawn in the river.

Rhode Island-Massachusetts border near the Northeastern corner of Rhode Island. Most of the watershed is situated in Massachusetts, with the lower 5.4 square miles being located in Rhode Island. The study is expected to take about 18 months to complete. Initial efforts will include topographic surveys, geotechnical investigations and other studies at each dam.

Continuation of studies of the Ten Mile River included a feasibility cost sharing agreement, which outlines federal and non-federal cost sharing re-

sponsibilities and the scope of feasibility studies. "Under existing authorities, feasibility study costs are shared on a 50/50 basis with appropriate non-federal interests," explained Dick. In this case, RIDEM, Save the Bay and the city of East Providence, will provide the non-federal share of study costs.

Representatives present at the press conference were Lt. Col. John Rovero, Deputy District Engineer, John Kennelly, Chief, Planning Branch, and Richard Heidebrecht of Planning Branch.



Lt. Col. Rovero says a few words at the press conference.

30 Second Commercials



Janet Brayden, Logistics

My name is Janet Brayden and I am the Property Book Officer for the New England District. It is my job to maintain the bulk of the files for the Property Book, which lists thousands of items owned by the District. As property book officer, it is my responsibility to alert hand receipt holders that their inventories are due and to distribute the bar code scanners to most of the District.



When assistance is required, I help the hand receipt holders find missing equipment by tracking the histories of the items. I also gather the inventory data using an Excel chart for the Command Management Review and District Management Review meetings.

In addition to my duties as property book officer, I also assist the rest of the Logistics team by filling in as the dispatcher and transportation clerk when I am needed. I serve on the Federal Women's Program and on the Native American/Alaskan Native Program committees.

On a personal note, I am the clerk and librarian of my church, Mission Evangelical Congregational Church in Maynard, Mass. I also sponsor the Maynard Public Library by purchasing select children's book series and videos. I supply the Children's Librarian with trivia from a weekly newspaper which he uses to create "Malcom's Mind Bender." It's a trivia question whose answer must be found in at least two books in the library.

I am a 26-year member of the Ladies Auxiliary to Maynard Post 1812 Veterans of Foreign Wars. I am also the Patriotic Instructor, POW/MIA Chair, Youth Activities Chair and Publicity Chair for the auxiliary.

Crystal Gardner, Regulatory

My name is Crystal Gardner and I am a Biologist/Senior Project Manager in the Permits & Enforcement Branch of the Regulatory Division. In this capacity, I process permits and handle projects within the Commonwealth of Massachusetts.



My responsibilities include, but are not limited to, performing compliance inspections to ensure projects are built in accordance with the permits issued, jurisdictional determinations, conducting public interest reviews, writing environmental assessments and statements of findings, coordinating pre-application meetings with applicants and/or other federal resource agencies, processing permits in a timely manner I

and serve as the point of contact for the Department of Environmental Protection, New England Region.

Outside of my normal job, I am on the Recruitment/New Generation Team and assist the EEO Office whenever I am needed. I enjoy the work that I do because it enables me to interact with my fellow colleagues and with the general public.

The most rewarding part of my job is making the permit process for each applicant as smooth and easy as possible. I always call the applicant and tell them their permit is ready and would they like to come pick it up. I do this so that I can explain what was issued and answer any questions they may have regarding the permit. When I hand them their permits and see the smiles on their faces and read the thank you letters they send to me, then I smile because I know I have provided good customer service and have represented the Corps well.

How about you? The Yankee Engineer is seeking District employees to provide their 30 second commercial for publication in future issues. The Chief of Engineers has asked every Corps employee to develop 30 seconds worth of information that describes your role and how you provide quality service to the citizens of New England. If you have your commercial ready and would like to participate, please e-mail Ann Marie Harvie.

\$27 million in flood damages prevented by New England District projects

Flood damages amounting to more than \$27 million were prevented during the March storms by U.S. Army Corps of Engineers dams and local protection projects in New England. The Corps also lent assistance to the New England region by providing sandbags, liaison officers, and inspection teams.

"The events from March 5 to March 30 brought a mixed bag of precipitation which amounted to roughly a five to ten year storm," said Col. Brian E. Osterndorf, District Engineer for the Corps in New England. "During this time we dispersed 85,000 sandbags to the Commonwealth of Massachusetts and provided liaison officers at the Massachusetts state bunker."

On March 5-7, one to three feet of

snow fell over southern New England. On March 22, approximately two to four inches of rain fell over the region. River levels rose above flood stage within the Blackstone river basin and near flood stage within the Thames river basin in south central Massachusetts, eastern Connecticut and Rhode Island.

A total of more than \$22.6 million in damages were prevented in Massachusetts, \$10 million of which were prevented by the Town Brook tunnel local protection project in Quincy, Mass., \$1.7 million in Connecticut, and \$3.5 million in Rhode Island. Of the over \$27 million of damages prevented, 52 percent is attributed to Corps dams and 48 percent to local protection projects.

The Corps inspected coastal projects in Milford, Conn., in Swansea, Quincy and Revere, Mass., and in Hampton, N.H. Hurricane barriers in Stamford and New London, Conn., in Pawtucket, R.I., and New Bedford, Saco-Camp Ellis and Wells Beach, Maine, as well as the Charles River Dam in Boston were also inspected. Technical assistance was provided to the towns of Woburn and Lowell, Mass., during the storm.

Since the disastrous floods of the 1930s, the U.S. Army Corps of Engineers has constructed a network of 36 dams and 91 local flood protection projects in New England. These facilities were constructed at a cost of \$538 million. They have prevented damages of almost \$3 billion.

District Proposes Waterbury Dam Rehab

Rehabilitation of the 62-year-old Waterbury Dam in Waterbury, Vermont, is being studied by the New England District.

As part of that effort, a Dam Safety Report and an Environmental Assessment are being prepared for the work and will be the topic of a meeting scheduled for June 13, at the Thatcher Brook Primary School.

The forum, which will be held from 6 to 10 p.m., will afford the public an opportunity to discuss the various repair alternatives being considered.

Waterbury Dam, built by the Civilian Conservation Corps during the 1930s under U.S. Army Corps of Engineers supervision, was constructed on and over a natural gorge of the Little River about two miles from its confluence with the Winooski River.

The dam is operated and maintained by the state of Vermont. The

dam was constructed of compacted earthfill with a clay core, covered with two feet of rock riprap, and it provides flood control benefits for the Little and Winooski river basins during major rainfall events.

The 860-acre Waterbury Reservoir and surrounding lands is a popular recreation area. The project also includes a hydropower facility operated by Green Mountain Power.

Borings conducted at the dam in the mid-1980s by the Army Engineers revealed less compacted areas and voids in that portion of the dam which rests on and over the Little River gorge. This situation allows seepage of water through the dam, causing piping, boils and internal erosion problems.

A number of alternatives to correct this problem are being evaluated. These include doing nothing; removing the entire dam structure; building an entirely new dam; implementing partial corrective measures including reduc-

ing water levels and adding impervious blankets or filters; and rehabilitation to include installing cutoff walls, reconstructing the entire gorge section and building a multi-stage filter shaft at the gorge.

"The alternatives under consideration will be discussed at the public meeting on June 13," said Paul Tumminello, project manager for the Army Corps of Engineers. "Once these measures have been outlined, the views of all interested parties will be heard."

Those able to attend the meeting are encouraged to do so. In addition, written comments will be received until June 26.

Copies of the Environmental Assessment are available by contacting J. Michael Penko, Environmental Resources Section, New England District, U.S. Army Corps of Engineers, 696 Virginia Rd., Concord, MA 01742-2751.

Health and Wellness



National Sports and Fitness Month

Brenda L. Fernandes, TSgt, USAF
NCOIC, Health and Wellness Center, Hanscom AFB

May is National Sports and Fitness Month and a good time to evaluate your current physical activity. Did you know that annually, poor diet and lack of physical activity account for more than 300,000 deaths and cost Americans an estimated \$250 billion in medical costs and lost productivity? Surprisingly, more than 60 percent of American adults are not regularly active and 25 percent are not active at all. Over 55 percent of all Americans are overweight.

These statistics aren't limited to adults only; unfortunately, children and adolescents are also becoming less active and childhood obesity is on the rise. Less than half of American youths aged 12-21 are vigorously active on a regular basis. The long-term implications will continue to cost millions in health care costs.

The loss of strength and stamina attributed to aging is in part caused by reduced physical activity. Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity. Everyone – young, old, and in between – benefits from regular physical activity. Among the many benefits are:

- Helps build and maintain healthy bones, muscles, and joints.
- Helps control weight, build lean muscle, and reduce fat.
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension. Prevents or delays the development of high blood pressure in some adolescents at risk for hypertension.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Helps control joint swelling and pain associated with arthritis.

Physical activity need not be strenuous to be beneficial. Moderate amounts of daily physical activity are recommended for people of all ages. This amount can be obtained in longer sessions of moderately intense activities, such as brisk walking for 30 minutes, or in shorter sessions of more intense activities, such as jogging or playing basketball for 15-

20 minutes. Greater amounts of physical activity are even more beneficial, up to a point. Excessive amounts of physical activity can lead to injuries, menstrual abnormalities, and bone weakening. Adolescents require a different approach to increasing physical activity. They are more likely to engage in competitive sports or play-related activities. Schools, communities, and parents can create opportunities for physical activities that are enjoyable, that promote adolescents' and young adults' confidence in their ability to be physically active, and that involve friends, peers, and parents.

Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. A moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stairwalking). Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities. To avoid soreness and injury, individuals contemplating an increase in physical activity should start out slowly and gradually build up to the desired amount to give the body time to adjust. People with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these problems should first consult a physician before beginning a new program of physical activity. Also, men over age 40 and women over age 50 who plan to begin a new vigorous physical activity program should consult a physician first to be sure they do not have heart disease or other health problems. Beginning a physical activity plan is just the first step; maintaining that program over a lifetime is the real challenge! Social support from family and friends has been consistently and positively related to regular physical activity. Choosing activities that you truly enjoy and want to do will increase your chances of staying with it. Positive experiences and success contribute to your self confidence; believing that you will be successful at the activity will reinforce your desire to continue. Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Physical inactivity is a serious, nationwide problem. Its scope poses a public health challenge for reducing the national burden of unnecessary illness and premature death. Becoming more physically active is easy: get out there and MOVE! (*Information compiled from the Centers for Disease Control and Health Promotion, "Physical Activity and Health: A Report of the Surgeon General,"* <http://www.cdc.gov/nccdphp/sgr/sgr.htm>)

New Veterans benefits bill introduced

Rep. Chris Smith (R-NJ) has introduced the Veterans' Opportunities Act of 2001, his first major bill as chairman of the House Committee on Veterans' Affairs.

A House Veterans Affairs Committee press release reports that key provisions of the measure include: (1) an increase in the VA burial and funeral allowance from \$1,500 to \$2,000 for veterans whose deaths are service-connected, and from \$300 to \$500 for veterans with non-service connected disabilities; (2) an increase in assistance to severely disabled veterans for

automobile and adaptive equipment from \$ 8,000 to \$9,000; (3) an extension to as early as nine months before discharge for VA, Department of Defense, and Department of Labor transition counseling.

The period would be extended to as much as 18 months for those retiring after military careers.

For more information on the activities of the House Committee on Veterans Affairs, or to write your representative, visit <http://veterans.house.gov/welcome/webindex.htm>. (*militaryreport.com*)

Korean War Service Medal available

The DoD's 50th Anniversary of the Korean War Committee wants veterans to know that the Korean War Service Medal is still available.

Air Force Print News reports that during the Korean War, the United States disallowed the wearing of the medal because of regulations at that time that prevented American service members from wearing a foreign award. Congress changed that regulation in 1954.

The Air Force is the lead agent for distributing the medal. The Air Force Personnel Center at Randolph Air Force Base, Texas, is processing requests and distributing the medal to all Korean

veterans who qualify, regardless of branch of service.

Applicants must furnish a copy of their DoD Form 214 (discharge papers) as proof of eligibility. People who need to request their military records can download a request form at <http://www.nara.gov/regional/mpsrf180.html>

Veterans applying for the medal should contact the AFPC by calling (800) 558-1404, Monday through Friday, 7:30 a.m.-4:30 p.m., CST, or contacting the awards and decorations section at (210) 565-2431, (210) 565-2520, or (210) 565-2516. Information is also available at <http://www.afpc.randolph.af.mil/awards>. (*militaryreport.com*)



Memorial Day (May 28) Trivia

Historians debate the time and place of the first Memorial Day observance, but some content that the practice of honoring the war dead originated with Southern women who placed flowers on the graves of Union and Confederate soldiers after the Civil War.

Others claim that the first Memorial Day service took place on July 4, 1865,

when residents turned out to decorate the graves of veterans with flowers and flags in a cemetery in Boalsburg, Penn.

In 1966, Congress proclaimed Waterloo, N.Y., as the true birthplace of Memorial Day, citing the first such commemoration to have taken place on May 5, 1866.

(*Ideas Unlimited*)

Congratulations

...to Project Management retiree **Peter Jackson**. Mr. Jackson is a watercolorist and is showing his work in the Frederic Gallery in Littleton from May 1 through Jun. 9.

...to Tom Chamberlain, East Brimfield and Westville Lake, on receiving the Silver Beaver Award from the Boy Scouts of America. The Silver Beaver is the highest award the Boy Scouts can give to Scout Leaders. Tom has been a Scout Leader with Troop 163 since 1991.

...to the following individuals who have been selected as winners of Greater Boston Federal Executive Board (FEB) Support Personnel Awards: **Sheila Coulter**, **Jacqueline DiDomenico**, **Gladys Leone**, **Susan Mehigan**, **Andrea Pittman**, **Alexine Raineri**, **Rosalie Tekeyan**, **Sharon Valente**, and **Angie Vanaria**.

...to **Barbara Ingersoll**, Resource Management, who was the April WE Committee Employee of the Month. She received the award for her work as payroll liaison officer.

... to Regulatory Division's Greenbush Section 106 Product Delivery Team who was the WE Committee's Team of the Month in April. Team Leader **Chris Godfrey**, Permit Project Manager **Ted Lento**, Section Chief **Karen Adams**, Technical Advisor **Kate Atwood**, and Legal Advisor **Joe McInerney** worked intensively for over 18 months on the very complex historic preservation aspects of the highly controversial Greenbush commuter rail extension to Boston's south shore.

Dredging up the past . . .



Bill Scully, Lt. Gen. Williams, Chief of Engineers, and Warren Nordman take a walk around Perimeter Road at the Murphy Federal Center during one of the Chief's visits to the Division in this summer 1994 photo.

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